



Health & Wellness Coalition of Wichita
Coordinated. Connected. Committed.



HWC

We will promote physical activity and good nutrition for every generation living in the Greater Wichita Area through **PEOPLE, PROGRAMS AND POLICIES.**

NEWSLETTER April 2019



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2019 Working Well Conference

MAY IS BIKE MONTH!



May is National Bike Month, sponsored by the League of American Bicyclists and celebrated in communities from coast to coast. Established in 1956, Bike Month is a chance to showcase the many benefits

Coalition Meetings

Mark your calendar for the remaining 2019 Coalition meetings: June 5th, August 7th, October 2nd, December 4th, 8:30-10:00 am
Each meeting will highlight a community partner, provide education, an opportunity to network and updates on Coalition committee work. To host a meeting email [Shelley Rich](mailto:Shelley.Rich).



Double Your EBT Dollars at a participating Farmers Market!

BUY \$1 GET \$1 SNAP-eligible foods with your EBT card
BUY \$1 GET \$1 Double Up Food Bucks tokens FREE for fresh fruits and veggies
 Go to the market info table first

Goddard Farmers Market

108 N. Main, Goddard
 Tuesday, May 7-Oct. 29, 5 to 8 p.m.

Kansas Grown! Farmers Market

7001 W. 21st Street, Wichita
 Saturdays, April 6-Oct. 26, 7 a.m. to noon

Kansas Grown! Farmers Market

512 E. Madison, Derby
 Saturdays, May 4-Sept. 28, 8 a.m. to noon

Old Town Farmers Market

150 N. Mosley, Wichita
 (Farm & Art Plaza at 1st and Mosley)
 Apr. 20-Aug. 31: Saturdays, 7 a.m. to noon,
 September and October: Saturdays 8 a.m. to noon

Common Ground Producers and Growers Mobile Market

Various locations in Sedgwick, Harvey and Butler counties and surrounding areas. Visit www.facebook.com/commongroundpg/ for schedules and locations.



Questions? Call 316-776-8176 or visit hwcwichita.org/DUFB

For food help, call the Department of Children and Families at 1-888-369-4777.

Locally sponsored by:



Learn more about DUFB [here](#) including a video explaining how the program works. For more information, [email](#) or call 316-776-8176.

2019 Healthy Kids Day®

AWAKEN SUMMER IMAGINATION!

1-4:30PM
 SATURDAY, APRIL 27
 YMCA CAMP HYDE
ymcawichita.org/HKD

Looking for ways to awaken your child's imagination and inspire healthy summer activities?

Bring the whole family to spend an afternoon participating in:

- Fun Activities
- Healthy Demonstrations
- 1 Mile Fun Run/Walk or 5k
- Must register to receive a free t-shirt (limited quantity) and become eligible to win prize drawings

To register or to find more information, visit any location or go online at ymcawichita.org/HKD

GREATER WICHITA YMCA | facebook.com/ymcawichita

Free 5K and 1 mile fun run/walk open to the community and much more. Click [here](#) for details.

DID YOU KNOW?

of bicycling - and encourage more people to giving biking a try.

Learn about local celebrations by visiting the [Bike Month ICT website](#) and [Facebook page](#).

WALK AT WORK DAY



Learn more about this annual event [here](#).

Click here to register your [worksite](#).

WALK WITH THE MAYOR



Have an idea on how to make our community more walkable? Apply for a "Walk-a-Longwell" special projects funding request for up to \$1,500! Join Mayor Longwell on April 27th, 2019 at 11:00 am to pitch your idea. Share this opportunity with your friends through this [Facebook event](#).

MOVE MORE MONTH!



The American Heart Association encourages everyone to move more and commit to being physically active.

Follow Healthy for Good

Third grade literacy rates are the number one predictor of adult health.



The window for early learning closes quickly for preschoolers. If they don't experience reading before kindergarten, they may never read above a third-grade level or finish high school.

It takes only a few minutes out of your busy day to set your little ones on a path to reading success - in their classes and beyond.

The Kansas Health Foundation's "Can't Wait to Read" Literacy Campaign: ReadWithThem.org provides resources and tips for parents and caregivers on how to encourage language and reading with small children.

HEARTLAND GAMES

[Senior Services of Wichita](#) is hosting a series of competitions that spotlight the abilities of older athletes - ages 50 and better. Athletes can compete in the following events: [Track & Fiend Meet](#) (May 4), [Pickleball Competitive Tournament](#) (June 1), or a 5K Grandparents Day Intergenerational Run/Walk (September 8).



STAY CONNECTED



Health & Wellness Coalition of Wichita | 316-776-8177 | shelley.rich@ymcawichita.org |

[HTTP://WWW.HWCWICHITA.ORG](http://www.hwcwichita.org)

402 N. Market, Wichita, KS 67202

on [Facebook](#) and [Twitter](#) for a whole month of tips and tricks on how to move more and make it count!

Use these [daily challenge activities](#) to help you sit less and move more every day this month, no matter where you are!

HEALTHY EATING CONVERSATION STARTERS



Sometimes a family member or friend needs encouragement to make a healthy change. Try these tips to start a conversation about healthy eating.

1. Say why eating healthy is important.
2. Take small steps.
3. Take the lead, do it together.
4. Offer to help.

To learn more about each tip, click [here](#).